

# March Cancer Awareness News

March 2022



## Key Facts about March Awareness

**Colorectal cancer** is the third most diagnosed cancer in men and women and the second leading cause of cancer-related deaths in the men and women combined. It can be prevented by removing pre-cancerous polyps during a colonoscopy. It can also be prevented in some people with lifestyle changes. It is one of the fastest rising cancers in young adults. The screening age has been lowered to 45 for those with an average risk but that still leaves many young adults at risk for not getting diagnosed until later stages. Get more information on how you can learn about colorectal cancer and raise awareness [here](#).

**Anal cancer** is different from colorectal cancer and is more common in women. Most anal cancers are squamous cell carcinomas and are most often linked to HPV. Growths can occur inside and/or outside of the anus. Symptoms include bleeding and itching but there may not be any symptoms.

**Kidney cancer** is about twice more likely to occur in males than in females. In the US, kidney cancer is the 6th most common cancer in men and the 9th most common cancer in women. Renal cell carcinoma (RCC) is the most common type of kidney cancer. High blood pressure can be a cause (if uncontrolled) and it can also be a sign of RCC.

**Multiple Myeloma** is cancer of the plasma cells in the bone marrow. Multiple malignant plasma cells grow in the bone marrow and crowd out the normal plasma cells. These malignant cells produce an abnormal antibody called M protein which can cause damage to the bone and kidney and can impair the immune system. While not usually curable, multiple myeloma can be very manageable with current drug therapies as long as patients are compliant to the treatment plan.

**Blood clots** are a leading cause of death in cancer patients and the leading cause of

preventable hospital deaths. They are more common in people with/treated for cancer. Other risk factors include older age (over 65), obesity, recent surgery, history of blood clots, and immobility. Get [patient infographics](#) and learn how you can [spread the word](#) on social media.

**Human papillomavirus (HPV)** causes 5% of the world's cancers. It has been linked to several cancers: cervical, oropharyngeal, anal, vaginal, vulvar, and penile cancers. There are several types of HPV, some are high-risk and some are low-risk. Not all strains of HPV will cause cancer but the rates of some cancers are expected to increase. HPV can be prevented through vaccination and practicing safe sex.

**Lymphedema** is a build-up of lymph fluid in the fatty tissue under the skin. It can occur after cancer/cancer treatments that affect the flow of the lymph fluid. See educational [videos](#) and [Ten things about Lymphedema](#).

**Nutrition and Cancer:** Cancer and side effects from cancer treatments can lead to malnutrition and poorer outcomes for patients (see attached Oncology Infographic). Poor nutrition can result in loss of muscle mass causing more frequent and longer hospitalizations, weakness, falls and poor wound healing.

Dietitians are a vital part of our oncology team. They help patients, with or at risk for malnutrition, improve their nutritional status, resulting in better outcomes. Clinical staff can help as well by assessing patients and identifying problems with tools such as the [Malnutrition Screening Tool \(MST\)](#). See a full list of resources for cancers and cancer-related awareness topics on the cancer awareness page or by going [here](#).

## Education and Events

**Abbott Nutrition Health Institute** has many oncology nutrition resources and free CEs. Go to the link here to access the information. <https://anhi.org/>

**Cowtown Oncology Symposium** March 11 (Colorectal Cancer Update) and 12, 2022 in Fort Worth, TX.

**NCCN** has made their annual conference virtual, 3/31/22-4/2/22. See details at [www.nccn.org/education-research/educational-events-and-programs/annual-conference](http://www.nccn.org/education-research/educational-events-and-programs/annual-conference) and other calendar events at [www.nccn.org/education-research/educational-events-and-programs/calendar-of-events](http://www.nccn.org/education-research/educational-events-and-programs/calendar-of-events)

**Triage Cancer** has new conferences, get details at <https://triagecancer.org/conferences>

## Celebrating the Team and Diversity

Celebrating [social workers](#), [dietitians](#), lymphedema specialists, [GI nurses & associates](#), [certified nurses](#) and [physicians](#).

Celebrating women ([National Women's History Month](#)) and Irish-Americans.

## Resources for You and Your Patients

**CancerCare** is a non-profit organization that offers free psychosocial support to adult patients with cancer and their family members. Services are provided by oncology social workers and include phone counseling and online support groups. The counseling is accessible by phone to patients during the week, even while hospitalized.

**Cancer Support Community North Texas** helps people impacted by cancer. They provide education and support free of charge. [Programs](#) offered include: educational presentations, support and networking groups, workshops like yoga, meditation, Zumba, creative arts, children's support program and bereavement support for adults and children.

They also have a helpful [resources](#) page and an informational [blog](#). See attached flyer in English and Spanish.

**Intelligent Nutrition Assistant** offers secure texting to a dietitian for recommendations. **National Cancer Institute** has [Did You Know?](#) video series. short videos on many cancers and cancer-related topics.

**Patient Resource** has information on many cancers and you can find financial and advocacy help for the cancer journey.

## Quotable Quotes

My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style. - Maya Angelou, American poet and civil rights activist and the first Black woman to appear on the US quarter

If we want to achieve our goal, then let us empower ourselves with the weapon of knowledge and let us shield ourselves with unity and togetherness.- Malala Yousafzai, Pakistani activist for female education and a Nobel Peace Prize laureate

Alone we can do so little; together we can do so much. — Helen Keller, American author, disability rights advocate, political activist and lecturer who was blind and deaf since early childhood

How wonderful it is that nobody need wait a single moment to improve the world. – Anne Frank, German-Dutch diarist of Jewish heritage who died in the Holocaust

We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop. – Mother Teresa, Albanian-Indian Roman Catholic nun and missionary honored in the Catholic Church as Saint Teresa of Calcutta  
Start unknown, finish unforgettable. — Misty Copeland, first African American female principal dancer with the American Ballet Theater